

# What My Bones Know

by Stephanie Foo

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Write one archive label**

When you feel a big reaction, name it as a file instead of a flaw: abandonment alarm, achievement mask, rage weather, exile proof, or another phrase that fits.

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<sup>02</sup> **Collect three present facts**

Before acting from panic, list the date, the room you are in, and one choice available now that was not available then.

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<sup>03</sup> **Send one witness sentence**

Text a safe person one honest line: Something old got activated and I am trying to stay in the present. Let connection interrupt isolation.

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<sup>04</sup> **Track the body before the story**

Notice the first physical clue: jaw, chest, stomach, shoulders, hands, or numbness. Treat the sensation as information, not a command.

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<sup>05</sup> **Practice a repair exit**

Prepare one sentence for overwhelm: I need ten minutes to regulate, then I can come back. Use it before the archive takes over.